

Sample Breakfast Menu

This menu meets the Healthier Montana Menu Challenge Breakfast Menu Criteria.

Lolo Elementary School Breakfast Menu – February 2007

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Oatmeal w/ Raisins or Cold Cereal Whole Grain Toast Fruit or 100% Juice Milk (Skim, 1%, 2%)	Choice of Grilled Ham and Cheese Sandwich or Hot/Cold Cereal Whole Grain Toast Fruit or 100% Juice Milk (Skim, 1%, 2%)	Choice of Pancakes or Hot/Cold Cereal Whole Grain Toast Fruit or 100% Juice Milk (Skim, 1%, 2%)	Choice of Scrambled Eggs or Hot/Cold Cereal Whole Grain Toast Fruit or 100% Juice Milk (Skim, 1%, 2%)	Choice of Breakfast Burrito or Hot/Cold Cereal Whole Grain Toast Fruit or 100% Juice Milk (Skim, 1%, 2%)

Sample Lunch Menu

This menu meets the Healthier Montana Menu Challenge Lunch Criteria.

Lolo Elementary Lunch Menu- October 2005

Monday	Tuesday	Wednesday	Thursday	Friday
Chili/Crackers-1 cup Shredded Cheese Salad/Dressing-½ cup Cantaloupe- 4.5 oz 7 Grain Muffins-1 each Milk 3	Beef Barley Soup -1 cup Crackers Fresh Carrot Sticks- ½ cup Mandarin Oranges- ⅓ cup Annie Jones Apple Pudding- 1 each Milk 4	Sloppy Joes- ½ cup Honey Wheat Rolls-2 oz Green Peas-⅓ cup Fresh Orange- 1 each Ice Cream -½ cup Milk 5	Super Nachos with Sour Cream/Salsa/Sliced Olives/Fresh Tomatoes Refried Beans/Cheese-½ cup Corn-⅓ cup Whole Wheat Gingerbread with Whipped Topping Milk 6	Turkey Wrap on a Whole Wheat Flour Shell Spinach Salad-1 cup Grapes-½ cup Jello/ Whip Topping-½ cup Milk 7
Chicken Nuggets-5 pieces Ranch or BBQ Sauce Brown Rice Pilaf-½ cup Peas and Carrots-½ cup Cantaloupe-4 ½ oz Milk 10	Confetti Quesadillas/ Whole Wheat Flour Shell -1 each Green Salad-½ cup Mexi Tots -½ cup Watermelon-½ cup Whole Wheat Cinnamon Cookie-1 each 11	Whole Wheat Pepperoni Pizza-1 each Spinach Salad-1 cup Grapes-½ cup Chocolate Cake Milk 12	Whole Wheat Dippers-2½ oz Meat Sauce- ½ cup Romaine Salad- 1 cup Apple-1 each Gold Bars-1 each Milk 13	Chicken and Rice-1 cup Stir Fried Veggies-⅓ cup Fresh Orange-1 each Oat and Nut Cookie Milk 14
Spaghetti/Meat Sauce- ¾ cup Grandmas Oatmeal Bread Green Beans-½ cup Cantaloupe-4 ½ oz Milk 17	Navy Bean Soup - 1 cup Caesar Salad-½ cup Peaches-⅓ cup Whole Wheat Cinnamon Roll -1 each Milk 18	Taco Meat- 4 oz Lettuce-½ cup Sour Cream/Salsa/Olives/Chips Brown Rice/Salsa/ Beans-½ cup Fresh Orange-1 each Whole Wheat Sugar Cookie Milk 19	No School	No School
Whole Wheat Weiner Wrap- 1 each Baked Beans-½ cup Coleslaw-½ cup Banana- 1 each Milk 24	Turkey and Gravy-1 cup Mashed Potatoes-½ cup Lima Beans-½ cup Fresh Orange-1 each Whole Wheat Pumpkin Spiced Muffin-1 each Milk 25	Meatballs and Gravy-3 oz Baked Potato-½ cup Broccoli-⅓ cup Whole Wheat Cinnamon Bread-2 oz Milk 26	Whole Wheat Dippers-2½ oz Meat Sauce-½ cup Green Salad -1 cup Grapes-½ cup Gold Bar-1 each Milk 27	Grilled Cheese Sandwich- 1 each Relish Cup-½ cup Peaches-⅓ cup Whole Wheat Sugar Cookie -1 each Milk 28
Chicken Patty on a Whole Wheat Roll Baked Beans-½ cup Cantaloupe-4½ oz Old Fashioned 7-Grain Whole Wheat Cookie Milk 31	Beef Barley Soup-1 cup Crackers Fresh Relish Cup-½ cup Mandarin Oranges-⅓ cup Annie Jones Apple Pudding- 1 each Milk 1	Whole Wheat Dippers-2½ oz Meat Sauce-1/2 cup Green Salad -1 cup Grapes-1/2 cup Gold Bar-1 each Milk 2	*Choice of skim, 1% and 2% Milk Served Daily	



Linda McCulloch, Superintendent
 Montana Office of Public Instruction
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July 2007

Sample Lunch Menu

This menu meets the Healthier Montana Menu Challenge Lunch Criteria.

Box Elder School Lunch Menu December 2005

Monday	Tuesday*	Wednesday	Thursday*	Friday
<p>November 28</p> <p>Chicken strips– 3 oz.</p> <p>Rice pilaf– 1/2 cup</p> <p>Egg roll– 1 each</p> <p>Pineapple– 1/2 cup</p> <p>Broccoli (fresh)- 1/2 cup</p> <p>Milk– 8 oz</p>	<p>November 29</p> <p>Hamburger gravy– 4 oz</p> <p>Mashed potatoes– 1/2 cup</p> <p>Green beans– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Peaches– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>November 30</p> <p>Rotini noodles and cheese- 1/2 cup</p> <p>Fun fish sticks- 3 oz</p> <p>Peas– 1/2 cup</p> <p>Pears– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Milk– 8 oz</p>	<p>December 1</p> <p>Bean and Cheese Burritos– 5 oz</p> <p>Seasoned corn (frozen)- 1/2 cup</p> <p>Apple crisp– 1 portion</p> <p>Cinnamon grahams– 2 squares</p> <p>Milk– 8 oz</p>	<p>December 2</p> <p>French Dip Sandwich- 1 hoagie roll, 3 oz beef</p> <p>Steak fries– 1/2 cup</p> <p>Fruit cocktail– 1/2 cup</p> <p>Milk– 8 oz</p>
<p>December 5</p> <p>Meatloaf– 3 oz</p> <p>Baked potato– 1/2 cup</p> <p>Green beans– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Peaches– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 6</p> <p>Cheeseburger Macaroni– 4 oz</p> <p>Tossed salad– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Pears– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 7</p> <p>Super Nachos– 6 oz</p> <p>Seasoned corn– 1/2 cup</p> <p>Applesauce– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 8</p> <p>Tuna Salad Sandwich– 2 slices bread, 3 1/2 oz tuna filling</p> <p>Tomato soup (6 oz)</p> <p>Crackers</p> <p>Fresh veggies(1/2 cup) with dip</p> <p>Red grapes– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 9</p> <p>Soft shell chicken taco– 1 each</p> <p>Mixed vegetables– 1/2 cup</p> <p>Pineapple/mandarin oranges – 1/2 cup</p> <p>Milk– 8 oz</p>
<p>December 12</p> <p>Cheeseburger– 3 oz beef, 1 bun</p> <p>Baked chips– 2 oz</p> <p>Tossed salad– 1/2 cup</p> <p>Cherry cobbler– 1 portion</p> <p>Milk– 8 oz</p>	<p>December 13</p> <p>Baked chicken– 4 oz</p> <p>Mashed potato-3/4 cup</p> <p>Green beans– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Cake, ice cream– 1 portion, 1/2 cup ice cream</p> <p>Milk– 8 oz</p>	<p>December 14</p> <p>Sub sandwich– 2 oz meat hoagie</p> <p>Chicken Noodle soup– 1 cup</p> <p>Fresh veggies (1/2 cup) with dip (carrots/celery)</p> <p>Jello w/ sliced apples/banana – 1/2 cup total fruit, 1/2 cup Jello</p> <p>Milk– 8 oz</p>	<p>December 15</p> <p>Tuna noodle casserole– 1 cup</p> <p>Peas and carrots– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Pears– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 16</p> <p>Chicken enchilada– 4 oz</p> <p>Fat-free refried beans– 1/2 cup</p> <p>Seasoned corn– 1/2 cup</p> <p>Peaches– 1/2 cup</p> <p>Milk– 8 oz</p>
<p>December 19</p> <p>Cheesy tuna rice casserole– 1 cup</p> <p>Peas and carrots– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>1/2 apple</p> <p>Milk– 8 oz</p>	<p>December 20</p> <p>Chili (6 oz) and corn chips (1/4 cup)</p> <p>Cornbread– 1 portion</p> <p>Fresh veggies (1/2 cup) w/ dip</p> <p>Crackers</p> <p>Pineapple– 1/2 cup</p> <p>Milk– 1/2 cup</p>	<p>December 21</p> <p>Sack lunch day</p> <p>Peanut butter and jelly sandwich</p> <p>Baby carrots– 1/2 cup</p> <p>Apple– 1 medium</p> <p>Sun chips– 2 oz</p> <p>Granola bar– 1 each</p> <p>Milk– 8 oz</p>	<p>December 22-January 1 No school</p> <p>January 2</p> <p>Spaghetti w/ meat sauce- 3/4 cup noodle, 3 oz meat sauce</p> <p>Whole wheat French bread– 1 slice</p> <p>Green beans– 1/2 cup</p> <p>Peaches– 1/2 cup and Milk– 8 oz</p>	<p>January 3</p> <p>BBQ Chicken– 4 oz</p> <p>Baked potato– 1 small</p> <p>Frozen blueberries– 1/2 cup</p> <p>Corn on the cob– 1 small</p> <p>Wheat bread- 1 each</p> <p>Milk– 8 oz</p>

***Grades 1-5 receive relish trays (1/2 cup vegetable per child) on Tuesdays and Thursdays.** Relish tray consists of fresh cherry tomato, celery, cucumber, carrots, broccoli, cauliflower, and low-fat Ranch dressing. ***Grades 6-8 receive salad bar in addition to the regular lunch line on Tuesdays and Thursdays.** Salad bar includes dark green lettuce, cherry tomatoes and red peppers, the same vegetables as offered on relish trays, and fat-free dressing.

Sample Lunch Menu
This menu meets the Healthier Montana Menu Challenge Lunch Criteria.
Box Elder School Lunch Menu October 2006

Monday	Tuesday* Salad Bar/Relish Tray	Wednesday	Thursday* Salad Bar/Relish Tray	Friday
<u>October 2</u> Beef and Cheese Enchilada– 1 cup made with Whole Wheat Tortilla Apple Sauce- 1/2 cup Romaine Salad Mix -1/2 cup Salsa- 2 oz Honey Graham Crackers- 3 ct Milk– 8 oz	<u>October 3</u> Chicken Adobo– 5 oz Tropical Fruit Blend– 1/2 cup Oriental Salad– 1/2 cup Salad Bar/Relish Tray Brown Rice– 3/4 cup Milk– 8 oz	<u>October 4</u> Turkey Chili w/ beans– 6 oz Frito Lay Corn Chips– 1/4 cup Broccoli, cauliflower florets, raw-1/2 cup Pineapple chunks– 1/2 cup Corn Bread– 2 oz Crackers– 1 package Milk– 8 oz	<u>October 5</u> Beef Ravioli– 1 1/2 cup Peaches (light syrup)- 1/2 cup Romaine Salad Mix– 3/4 cup Salad Bar/Relish Tray Wheat Bread Sticks– 2 oz Milk– 8 oz	<u>October 6</u> Ham and Cheese Sandwich Deli Ham– 2 oz American/ Swiss Cheese– 1 oz Whole Wheat Sandwich Bread-2 slice Wild Brown Rice Soup– 6 oz Oranges, fresh– 1 small Broccoli, Celery, Carrots– 1/2 cup Crackers– 1 package Milk– 8 oz
<u>October 9</u> Cheese Pizza Whole Grain– 3.74 oz Broccoli, Carrots, Cucumbers, Cherry Tomatoes– 3/4 cup Fruit Cocktail– 1/2 cup Milk– 8 oz	<u>October 10</u> Chef Salad– 3 oz meat/meat alternative, 1 cup F/V Salad Bar/Relish Tray Banana– 1 small Vegetable Soup– 6 oz Edible Tortilla Bowls– 1 each Whole Wheat Breadsticks– 2 oz Milk– 8 oz	<u>October 11</u> Spaghetti w/ ground turkey, whole wheat spaghetti noodles– 1 cup Romaine Gourmet Salad Mix-3/4 cup Apricots, canned– 1/2 cup Whole Wheat French bread– 2 oz Milk– 8 oz	<u>October 12</u> Turkey Tacos– 4 oz ground turkey Shredded Cheddar Cheese– 1 oz Red Grapes– 1/2 cup Shredded Lettuce/ tomatoes– 1/2 cup Salad Bar/Relish Tray Mixed Vegetables, frozen– 1/2 cup Whole Wheat Tortilla- 10” Milk– 8 oz	<u>October 13</u> Chicken Nuggets– 6 each Red Delicious Apple– 1 small Romaine Salad Mix– 1/2 cup Brown Rice Pilaf– 1/2 cup Whole Wheat Roll– 2.5 oz Milk– 8 oz
<u>October 16</u> Baked Ham– 4 oz Sweet Potatoes– 1/2 cup Green Beans– 1/2 cup Banana– 1 small Whole Wheat Roll– 2 oz Milk– 8 oz	<u>October 17</u> Tator Barrels– 1/2 cup, Salsa– 2 oz Ex Ln Ground Beef and Lentils– 4 oz Nacho Cheese Sauce– 3 oz Apple Crisp– 1/2 cup Romaine Salad Mix– 1/2 cup Salad Bar/Relish Tray Whole Wheat Cinnamon Bread Sticks– 1 oz and Milk– 8 oz	<u>October 18</u> Grilled Chicken Patty– 2.8 oz Whole Wheat Hamburger bun– 1 each Peas/ carrots– 1/2 cup Mandarin Oranges– 1/2 cup Lettuce, tomato, onion– 1/4 cup Broccoli, cauliflower, celery, raw-1/4 cup Milk– 8 oz	<u>October 19</u> NO SCHOOL	<u>October 20</u> NO SCHOOL
<u>October 23</u> Beef Stew– 1 cup Apricots, canned– 1/2 cup Broccoli, cauliflower, raw– 1/2 cup Whole Wheat Roll– 2 oz Milk– 8 oz	<u>October 24</u> Pork Roast– 4 oz Mashed Potato– 1/2 cup Sliced pears in light syrup– 1/2 cup Mixed Vegetables– 1/2 cup Salad Bar/Relish Tray Whole Wheat roll– 2 oz Milk– 8 oz	<u>October 25</u> Tacos Ex Ln Ground Beef/ Lentils- 4-5 oz Cheddar Cheese– 1 oz, Salsa– 1 oz Trail Mix– 2 oz Shredded lettuce/ tomatoes– 1/4 cup Red Apple– 1 medium Broccoli, raw– 1/4 cup Whole Wheat Tortilla– 1 each Milk– 8 oz	<u>October 26</u> Beef Patty– 2.6 oz Whole Grain Hamburger Bun– 1 each Jo Jo Potatoes– 1/2 cup Cherries, canned– 1/2 cup Salad Bar/Relish Tray Lettuce, tomato, onion– 1/4 cup Milk– 8 oz	<u>October 27</u> Beef Bologna– 4 oz American Cheese– 1 oz Tomato Soup (Campbell's)– 6 oz Pears sliced light syrup– 1/2 cup Romaine Salad Mix– 1/2 cup Whole Wheat Sandwich Bread-2 slice Crackers– 1 package Milk– 8 oz

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